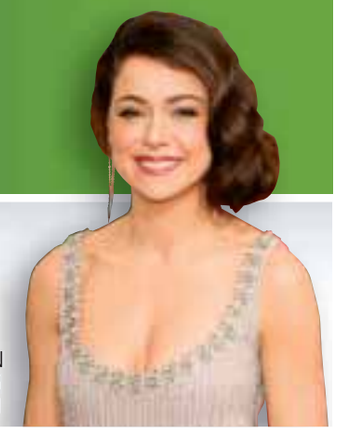
SASKATOON metro®

NEWS WORTH SHARING.



Grab winter by the fishing rods

Province's offerings range from snowboarding at Mission Ridge to ice fishing at Tobin Lake PAGE 4

New wombs await embryos

Nine women in Sweden receive womb transplants in a pioneering project PAGE 7

Ka-changing to MintChip

Loose change may go the way of the penny as digital currency passes a new milestone PAGE 8

ORPHAN BLACK'S SASK. STAR STILL SHINING BRIGHTLY

SCI-FI SHOW SCORES 14 CANADIAN SCREEN AWARD NODS, INCLUDING ONE FOR ITS LEADING LADY PAGE 10

Sask. chief on Young: I hear ya

Alberta oilsands expansion under fire. Bellegarde shows solidarity with rock legend on benefit concert tour

JACOB MORGAN
jacob.morgan@metronews.ca

A Saskatchewan First Nations leader is siding with Neil Young in the rock star's battle against the federal government over Alberta oilsands expansion.

Chief Perry Bellegarde of the Federation of Saskatchewan Indian Nations says he's in solidarity with Young, and with the cause.

"I've openly stated that as First Nations people, we have a responsibility to protect the land and the water and the environment," Bellegarde said on Monday in Saskatoon.

Young began a four-city Honour the Treaties benefit concert tour, which he's using to promote his case on the issue, in Toronto on Sunday by slamming the administration of Prime Minister Stephen Harper.

At a press conference in Toronto before his show, Young accused the Canadian government of hypocrisy when it comes to environmental policies of the Alberta oilsands.

"Money is No. 1. Integrity isn't even on the map," charged the iconic 68-year-old California-based musician, who was born and raised in Canada.

Proceeds from Young's Honour the Treaties shows in Canada, including a concert he'll play in Regina on Friday, will go toward Athabasca Chipewyan First Nation's legal battle against the encroachment of industrial development on its traditional land.

"We've got to find that happy medium between long-term, sustainable economic development projects with the full inclusion of First Nations people," Bellegarde said.

According to Young, the state of affairs in Fort McMurray, Alta., and the surrounding area does not live up to this responsibility.

"The blood of these people will be on modern Canada's hands," Young said of First Nations residents.

Bellegarde said there is "substance to (Young's) comment," citing a United Nations study that placed Canada sixth overall in human development while aboriginal populations were ranked 63rd.

It's fitting, he added, that the Honour the Treaties tour is stopping in Regina, which he called the heart of the treaty territories that cut across Manitoba, Saskatchewan and Alberta.

"The problem," Bellegarde said, "is they've never been honoured or implemented according to their spirit and intent."

Jason MacDonald, a spokesman for Harper, responded to Young's allegations by saying the "government recognizes the importance of developing resources responsibly and sustainably."

However, Young and Bellegarde shot back that the government's actions do not always reflect its words.

Premier Brad Wall is a vocal supporter of Saskatchewan's resource economy and the proposed Keystone XL pipeline, which would take oil from the tar sands through the United States.

"This is a free country. I probably won't be going to a concert," Wall told Metro in an emailed statement.

WITH FILES FROM THE CANADIAN PRESS

Neil Young performs during the first show of his Honour the Treaties tour in Toronto on Sunday. The concert series will also stop in Regina, Winnipeg and Calgary to support Athabasca Chipewyan First Nation's legal battle against oilsands expansion on its traditional land. Inset: Federation of Saskatchewan Indian Nations Chief Perry Bellegarde. MARK BLINCH/THE CANADIAN PRESS; INSET: JACOB MORGAN/METRO

Max out your TFSA contribution, not your credit card.

ING DIRECT forward banking™

ingdirect.ca

ING Bank of Canada and its subsidiaries have been acquired by The Bank of Nova Scotia and are no longer affiliated with ING Groep N.V. The trademarks ING, ING DIRECT, ING Lion, the ING Lion logo and any derivation, variation, translation or adaptation thereof are trademarks of ING Groep N.V. and are used under license. ™ forward banking is a trademark of ING Bank of Canada.

RBC Direct Investing

PLUS GET
20
FREE TRADES.
ACT BY MARCH 3rd.[2]
Use offer code 20W1

IT'S A NEW DAY FOR ONLINE INVESTORS

$9.95

TRADES FOR ALL.[1]
NOT JUST FOR SOME.

Now everyone can make online and mobile equity trades for just $9.95.[1]
No balance or trading requirements.

Learn more at rbc.com/trade

[1] All RBC Direct Investing clients pay $9.95 CDN or US per equity trade with no minimum account balance or trading activity required. $6.95 flat CDN or US per equity trade when you trade 150 times or more per quarter. This pricing only applies to trades placed through an available Automated Service, including the online investing site and mobile application. Additional terms and conditions apply. Visit www.rbcdirectinvesting.com/lowtrades or call 1-800-769-2560 for complete details.

[2] In order to qualify for this 20 free trades offer ("Offer"), you must: open a new account with RBC Direct Investing between January 14, 2014 and March 3, 2014 ("Eligible Account") and enter the provided offer code at the time of opening your account. If you qualify for this Offer, you will receive a rebate of applicable commission fees on up to 20 trades in exchange-listed securities (i.e. equities and/or ETFs) that you enter online or via the mobile application for up to 90 days from the date your account was opened. The Offer is only applicable to a maximum of one (1) Eligible Account for each client. This Offer is non-transferable and is not valid in conjunction with any other offer or promotion, and the free trades may not be applied against any other account. This Offer is subject to the terms and conditions that you will receive with your confirmation letter and available at rbcdirectinvesting.com/20freetrades.

RBC Direct Investing Inc.* and Royal Bank of Canada are separate corporate entities which are affiliated. RBC Direct Investing Inc. does not provide investment advice or recommendations regarding the purchase or sale of any securities. Investors are responsible for their own investment decisions. RBC Direct Investing is a business name used by RBC Direct Investing Inc. * Member-Canadian Investor Protection Fund. ® / ™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. Used under licence. © Royal Bank of Canada 2014. All rights reserved.

Public accounts

NDP irked after vote on accounting methods

Saskatchewan's New Democrats are crying foul after motions to follow generally accepted accounting principles were defeated on Monday.

Acting provincial auditor Judy Ferguson said in December that if the Saskatchewan Party government had followed standard Canadian accounting principles, the province's general revenue fund would have showed a $590-million deficit instead of a $58-million surplus.

At a public accounts committee meeting, NDP finance critic Trent Wotherspoon moved to revise the accounting practices. His motions were voted down.

"This government failed an audit because of dishonest accounting," Wotherspoon said. "It's shocking that they voted today to keep doing things that way."

The government said, however, that the accounting principles are the same methods used by the former NDP administration and by respective governments before that.

"Nothing has changed," said government spokeswoman Kathy Young.

"Saskatchewan people can rest assured that our province remains the envy of most every other province in the country."

Wotherspoon admitted that past NDP governments have followed the same principles, though he said the problem goes beyond that.

"(The Saskatchewan Party) brought forward a scheme that artificially improves their books," he charged.

SARAH TAGUIAM/METRO IN REGINA

More flu vaccine on hand for province's vulnerable

Health. Officials say thousands of extra doses were brought in

Dr. Denise Werker, provincial deputy chief medical health officer, says that health-care officials are continuing to try to find ways to immunize as many people as possible. SARAH TAGUIAM/METRO IN REGINA

Health officials in Saskatchewan say more flu vaccine has arrived to help meet overwhelming demand, but they still won't be able to immunize everyone.

Some 12,000 doses in the form of a nasal spray have arrived from Quebec. Dr. Denise Werker, deputy chief medical health officer, says 9,000 injectable doses have also arrived from Ontario and the Department of National Defence.

Werker says the additional doses mean that people who have compromised immune systems can get the flu shot.

"This would include persons who have received transplants, people who are on dialysis and people who are on cancer treatment," Werker said at a news conference on Monday.

"On a case-by-case basis, the medical health officers will be making decisions about severely immuno-compromised persons. There's a broad spectrum of persons with underlying medical conditions that we are not able to address at this point with our vaccine supplies."

Werker says the additional doses will be delivered to health regions by Tuesday.

A vaccine shortage last week forced Saskatchewan to limit vaccinations to children under five, pregnant women and women who have given birth in the last four weeks.

The injectable doses are important because the nasal-spray vaccine cannot be given to pregnant women, children under two or people whose immune systems are already compromised. The injection is a killed vaccine, while the nasal spray is a live attenuated influenza vaccine.

H1N1 is the main flu strain circulating right now in Saskatchewan and across Canada.

H1N1 has the greatest impact on those who were born after the strain first surfaced in the 2009 pandemic. It has been included in the flu shot every year since then.

THE CANADIAN PRESS

By the numbers

Saskatchewan has so far reported seven flu-related deaths, 32 people in intensive care because of the flu and 618 laboratory-confirmed cases this season. Werker said the numbers have not yet peaked.

Saskatoon ticketing startup expanding

What began as a tech startup out of Saskatoon has the potential to become a global phenomenon.

On Tuesday the ticketing website Picatic will be available to event organizers in Britain and the European Union.

Jayesh Parmar, the company's founder and CEO, said this is a huge step for his innovative platform, which allows users to pay whatever they want for the service.

"Our one goal is to go out there and be the team and the platform that changes the industry all around the world," said Parmar. "And we're doing it."

Last July, Picatic switched to an open format that operates on a system of good faith. While Parmar said other ticketing websites make money with service fees and gimmicks, Picatic empowers the customer.

"It's just like tipping at a restaurant," he said. "You don't need to be told what to tip."

The gamble has paid off, he added, as around 68 per cent of users have been offering up an average 3.1 per cent of their gross sales revenues.

"We took the risk and it's working beautifully," he said.

Right now about 80 per cent of Picatic users come from the United States and 20 per cent from Canada, said Parmar, and he hopes to continue expanding to English-speaking countries overseas.

"The next one that we're going to do is Australia," he said.

In addition to the European launch, Picatic is also announcing a new partnership with the Stripe online payment gateway, as well as a plan to post business reports online to increase transparency. JACOB MORGAN/METRO

While many Saskatchewanians are no doubt itching to hop on the next flight to Mexico, there are plenty of ways to have fun in the province this winter. Try these five activities for an exciting vacation right at home

JACOB MORGAN
jacob.morgan@metronews.ca

5 winter activities in the province

1 Snowmobiling

The Saskatchewan Snowmobile Association maintains thousands of kilometres of high quality trails across the province, says director of marketing with Tourism Saskatchewan, Jonathan Potts. "There are great opportunities there for day trippers and for multi-day visitors," said Potts. One key snowmobiling spot is the Elk Ridge Resort outside Prince Albert National Park.

2 Cross-country skiing

Saskatoon has several nearby places to go cross-country skiing. Potts recommends Duck Lake just north of the city. He added that the Cypress Hills in the south offer a more rolling terrain.

3 Snowboarding

The Prairies may be vertically challenged for the most part, but that doesn't mean we don't know how to have a good downhill time. Check out Mission Ridge near Regina, where champion snowboarder Mark McMorris got his start. "He's a rock star in the snowboarding circuit," said Potts.

4 Antiquing

Taylor Swift knew as early as 2009 that Saskatchewan is a great place to find weird old stuff. Little gems are tucked away in the small communities as well as the major centres. "You can find beautiful Mennonite chests … and different styles from different countries and ethnic groups that really speak to the history of the province," said Potts.

5 Ice fishing

Tobin Lake is a famous ice fishing destination. The world's biggest walleye, weighing in around 18 pounds, was caught in its freezing waters. "People come from many places in North America during the winter to take part in fishing there," said Potts.

U of S prof looks at messages behind masks

Dwayne Brenna, a drama professor at the University of Saskatchewan, can be seen with some of the masks he has his students use to portray a variety of characters. MORGAN MODJESKI/METRO

Creating characters. Drama professor says mask use enables students to get lost in their roles

From a crooked accountant to a car salesmen turned Mafioso, University of Saskatchewan professor Dwayne Brenna's character masks have been used to portray a number of roles.

Now, he's using them to inspire his students.

With students prohibited from speaking while first working with the masks, Brenna, a professor of drama, said the tools enable them to become lost in a role as their body language and use of the mask alone is used to portray a character.

"It gets you out of the tyranny of logic for a while," Brenna said Monday in his office at the University of Saskatchewan.

"As you get more and more interested in letting the mask lead, suddenly you're not in that world where you're making decisions, where you're thinking about what people will think of you … so you're really into the present-tense.

"In order to work with these masks — or in order to work with another actor on stage — you have to be totally present."

From a set of 21 masks, all depicting different emotions from anger to glee, Brenna said hundreds of students have created thousands of unique characters using the eerie looking disguises.

He hopes the mask study results in better acting for students as they take on roles in future performances.

"It's a great way to explore the character … and the playing of characters," he said.

"It makes them a little larger than life, as I've said, and gives them so many techniques for exploring."

MORGAN MODJESKI/METRO

Health care

Costs should be made available to patients, says hospital CEO

Watching Breaking Bad — the hit TV show about a teacher who turned to cooking meth to help pay for his cancer treatments — got David Musyj thinking about how little Canadians know about the cost of their health care.

Musyj, CEO of Windsor Regional Hospital, thinks patients would appreciate health care more if they knew exactly how much it cost.

"How can we have an educated debate regarding health care, which is consuming 40-plus per cent of our provincial budget — approximately $50 billion a year — when we have no clue on how much individuals are consuming or what is the cost of health care on an individual basis," Musyj asked in an interview.

Instead of mailing invoice-like statements to patients, the government could set up a website so people could see how much their health care costs the province, added Musyj.

THE CANADIAN PRESS

Controversy

Quebec's new cardinal says values charter is 'dividing people'

Canada's freshly appointed cardinal says Quebec is making people increasingly afraid of each other with its controversial values charter.

Quebec Archbishop Gerald Cyprien Lacroix, among a new batch of cardinals selected Sunday by Pope Francis, spoke out Monday against the proposed Parti Québécois legislation.

The PQ government's plan would ban public-sector employees from wearing religious symbols.

"We're dividing people," he told a Quebec City news conference when asked about the charter, a document tabled last fall by the minority PQ government.

"People are every day more afraid of each other. Instead of bringing us together and bringing our cultures together and sharing the richness of who we are, we're starting to build walls and be afraid of each other."

THE CANADIAN PRESS

Online petition urges Canada Post to keep door-to-door delivery

More than 120,000 signatures. Effort aims to draw attention to effects change may have on those with limited mobility

Canada Post trucks are parked in a lot in Mississauga, Ont.
FRANK GUNN/THE CANADIAN PRESS

An online petition urging Canada Post to reconsider its decision to end door-to-door delivery in urban centres has garnered more than 120,000 signatures.

The petition was started by Susan Dixon, a mother from Cambridge, Ont., on Dec. 15.

"My youngest has cerebral palsy and uses a walker or wheelchair to get around," Dixon says in the petition. "For me, Canada Post's decision would mean having to bundle them up and struggle through the snow with a wheelchair just to get our mail."

Canada Post announced some dramatic changes to its operations last month, including plans to phase out the age-old tradition of home delivery in urban areas. The company said that without postal carriers travelling by foot, it would save a significant amount of money.

"My hope is that they change their minds and really consider what they are going to be doing to people with disabilities," said Dixon.

The petition — posted on the website change.org — draws attention to anyone in Canada who has limited mobility, and the possibly dangerous effects this change could have on their lives.

With the help of organizers at change.org, Dixon said she will soon be bringing the petition to several executives at Canada Post, including chief executive Deepak Chopra, and to the Minister of Transportation Lisa Raitt.

"When we hear about Susan and her issues, we hear those loud and clear and we know we need to be sensitive and understanding in our approach to changes," said Jon Hamilton, a spokesman for Canada Post.

"But the status quo is not going to change."

THE CANADIAN PRESS

Man killed in Ontario shopping mall collapse

Construction workers look on after a partial collapse at a shopping mall construction site left a man dead in Mississauga, west of Toronto, Monday. Police say the man died after being trapped in the collapse. Emergency crews rushed to the Sheridan Centre at about 11:30 a.m. and found the worker trapped. A rescue effort ensued, but he was later declared dead at the scene. The cause of the collapse has not yet been determined. MARK BLINCH/THE CANADIAN PRESS

METRO CUSTOM PUBLISHING

Ding! Ding!
TRANSIT TUESDAY

NEW DIRECT ROUTES GET YOU DOWNTOWN AND TO THE U OF S IN UNDER 30 MINUTES!

Now Available! **Downtown Direct #1:**
Runs from Lakeview and Lakeridge to downtown and back.

Now Available! **Downtown Direct #2:**
Runs from Lakeridge and Lakewood to downtown and back.

Now Available! **University Direct #1:**
Runs from Lakeridge and Lakeview to the U of S and back.

Now Available! **University Direct #2:**
Runs from Lakewood to the U of S and back.

New and Available Now! **University Direct #3:**
Runs from Stonebridge to the U of S.

For more information, visit saskatoon.ca and click on "T" for transit or call 306-975-3100.

COME AND VISIT THE NEW CUSTOMER SERVICE CENTRE!

Saskatoon Transit's Customer Service Centre in the Downtown Bus Mall has recently undergone renovations to serve you better. We have a larger waiting area for customers and a fresh new look. Come down and check it out!

MONTHLY PASS REMINDER

Transit customers are reminded that monthly passes are valid for the calendar month purchased and not one month from the date of purchase. If you have questions about your pass or tickets, visit the Customer Service Centre or call 306-975-3100.

LOST OR FOUND SOMETHING ON THE BUS?

Call 306-975-3100 or visit Saskatoon Transit's Customer Service Centre on 23rd Street in the Downtown Bus Mall.

SASKATOON transit
DELIVERING BUS RIDER PRIDE

Time to get rid of old, unsafe tank cars carrying oil

'Something has to be done.' Liberal international trade critic wonders what the government is waiting for

The railway industry wants to "aggressively phase out" older model tank cars that have been implicated in several recent accidents, the head of CN Rail's safety division told an industry forum Monday.

But the consensus at the day-long workshop was that there's no quick fix for a decades-old problem that has almost 80,000 sub-standard DOT-111 tank cars carrying flammable liquids on North American tracks.

And whatever the solution, the cost eventually will be borne by consumers.

Sam Berrada, director general of safety and occupational health services for CN, told an overflow crowd of industry types, regulators, lobbyists and local first responders that railways "will continue to push aggressively" for safer, stronger tank cars.

A derailment and fire involving a CN train in northwestern New Brunswick last week has renewed calls for greater safety in the booming oil-by-rail trade, which became an international cause following last summer's deadly derailment and fire in Lac-Mégantic, Que.

Transport Minister Lisa Raitt responded on the weekend by promising the government will formalize the standard for new tank car construction adopted by the rail industry in October 2011.

"Something has to be done because of what we've seen in the past six months and what can potentially occur as the amount of oil (being shipped) continues to increase. It's just too dangerous," said Marc Garneau, the Liberal international trade critic. THE CANADIAN PRESS

Safety alert

Derailments

Federal investigators have determined that 400,000 gallons of oil was lost last month when a train derailed and caught fire in North Dakota, according to a report released Monday. The derailment on Dec. 30 has highlighted concerns about shipping crude by rail. It also led to a safety alert from the U.S. Department of Transportation warning about the potential high volatility of crude from the Bakken oil patch in eastern Montana and western North Dakota. The derailments of the two BNSF Railway trains sparked massive explosions in southeast North Dakota. About 1,400 people were evacuated.
THE ASSOCIATED PRESS

Mourning for Ariel Sharon

A man mourns next to the flower-covered grave of late Israeli prime minister Ariel Sharon, at his family farm near Sderot, southern Israel, on Monday. Israel said its last farewell to Sharon with a state ceremony outside the parliament building before his flag-draped coffin was taken on a cross-country procession to its final resting place at the farm. ARIEL SCHALIT/THE ASSOCIATED PRESS

Chess game gone awry. Man killed in dispute

An Italian man allegedly cut open his Dublin landlord's chest and tried to eat his heart following a fight over a chess match.

Saverio Bellante, 34, was charged Monday with murder. Police say he admitted his guilt after being arrested Sunday at the home he shared with Tom O'Gorman, a policy researcher for a conservative Catholic think-tank in Ireland.

Pathologists said the 39-year-old victim suffered dozens of severe knife wounds to his head and chest, which had been cut fully open. Ireland's senior pathologist determined that the heart remained, but a lung was missing.

Police offered no explanation for what happened to the lung. Evidence suggested that O'Gorman's prone head and body also were bludgeoned with a dumbbell.

A policeman, Det. Patrick Traynor, testified that, when charged with murder in police custody earlier Monday, Bellante replied: "I am guilty." THE ASSOCIATED PRESS

Bodies litter South Sudan oil area. Military pushes on rebel-held town

Dozens of dead, mangled and bloated bodies line the roadside from the airport into this state capital of one of South Sudan's oil-producing regions. Houses, buildings and shops have been looted, burned or destroyed, as blackened cars and buses smoulder.

The remnants of war in Bentiu show the damage being done across the world's newest country, as the military continues to battle men who served in the same ranks only a month ago but who are now labelled rebels. Bentiu was re-captured by the military over the weekend. Next up for government troops is the rebel-held town of Bor.

"What you see here is destruction," said Gen. James Hoth Mai, the military's chief of staff. "But the rebels are on the run and we are pursuing them."

Mai immediately turned his thoughts to Bor: "This is a war and we have a large number of soldiers in Bor. We are putting them there for a final assault."

Negotiators for the two sides in South Sudan's nearly month-old conflict met face-to-face in Addis Abba, Ethiopia, on Monday following shuttle diplomacy between Addis Ababa and Juba, the capital of South Sudan. A Kenyan mediator, Lazarus Sumbeiywo, said the agenda will include talks on a cessation of hostilities. THE ASSOCIATED PRESS

Attacks

Violence broke out Dec. 15 and quickly radiated across the country, often in ethnic-based attacks.

- A precise death toll is not known but the International Crisis Group has estimated that nearly 10,000 people have died.
- **The U.N.** says nearly 400,000 people have fled their homes.

Potatoes and pink hats. John Kerry meets with Russian foreign minister

For some watchers of international diplomacy, the sombre road to Syrian peace was overrun Monday by potatoes and furry pink hats.

A swapping of delegation gifts between U.S. Secretary of State John Kerry and Russian Foreign Minister Sergey Lavrov served as a distraction from predictions of elusive success in Syria.

The usually stern-faced Lavrov came to the meeting armed with at least two ushankas, a traditional Russian fur hat with earflaps that tie to the top of the hat. Both hats went to women on Kerry's press staff — including a bubblegum-pink one for State Department spokeswoman Jen Psaki.

The more bizarre bout of diplomacy came over a pair of Idaho potatoes. Kerry explained he was in Idaho over the holidays when he and Lavrov spoke by phone. The Russian, it seemed, associated Idaho with potatoes.

Kerry and Lavrov sat next to each other at an otherwise grim news conference on militant threats to humanitarian aid for Syria.
THE ASSOCIATED PRESS

U.S. Secretary of State John Kerry, standing left, gives a pair of Idaho potatoes as a gift to Russia's Foreign Minister Sergey Lavrov in Paris on Monday. PABLO MARTINEZ MONSIVAIS/THE ASSOCIATED PRESS

Cen. African Republic

Interim leader says chaos 'over'

The interim leader of the Central African Republic vowed Monday that the era of anarchy in the tumultuous country was now over, a bold declaration made only days after the man who had seized power in a coup last year stepped down under international pressure.
THE ASSOCIATED PRESS

N.Y.C. art scheme

Ex-aide to Imelda Marcos gets prison

A former aide to ex-Philippines first lady Imelda Marcos was sentenced Monday to two to six years in prison after being convicted of scheming to sell a $32-million Claude Monet painting overlaid with political intrigue: It's part of a roster of valuables the Philippine government has sought to reclaim from the former first couple.
THE ASSOCIATED PRESS

Security on alert

Eve of Egypt's constitutional referendum

Egypt's security chief on Monday warned supporters of the ousted Islamist president that troops guarding polls during the next day's constitutional referendum will deal with anyone attempting to disrupt the vote with unprecedented force. THE ASSOCIATED PRESS

Cellphone dispute

Shooting at U.S. movie theatre

Authorities say a man has been arrested on suspicion of shooting two people — one fatally — after an argument over cellphone use at a Florida theatre. Sheriff's spokesman Doug Tobin said two couples had been watching Lone Survivor on Monday at a theatre, when the suspect and his wife apparently took issue with the couple in front of them over use of the phones.
THE ASSOCIATED PRESS

Swedes hoping womb transplants bear fruit

Frontier science. With surrogates banned, this may be only chance for some women to have children

Nine women in Sweden have successfully received transplanted wombs donated from relatives in an experimental procedure that has raised some ethical concerns. The women will soon try to become pregnant with their new wombs, the doctor in charge has revealed.

The women were born without a uterus or had it removed because of cancer.

In many European countries, including Sweden, using a surrogate to carry a pregnancy is illegal.

There have been two previous attempts to transplant a womb — in Turkey and Saudi Arabia — but both failed to produce babies. Scientists in Britain, Hungary and elsewhere are also planning similar operations.

In this 2012 photo made available by the University of Gothenburg, the team practises before beginning a womb transplant at a hospital in Sweden.
JOHAN WINGBORG, UNIVERSITY OF GOTHENBURG/THE ASSOCIATED PRESS

"This is a new kind of surgery," said project lead Dr. Mats Brannstrom, chair of the obstetrics and gynecology department at the University of Gothenburg. "We have no textbook to look at."

Brannstrom warned the transplants might not yield children but was optimistic.

"There are no guarantees," he said. "What is certain is that they are making a contribution to science." THE ASSOCIATED PRESS

Concerns

Some experts have raised concerns about whether it's ethical to use live donors for an experimental procedure that doesn't save lives.

- Dr. Richard Smith of the charity Womb Transplant UK said a womb donation is like a radical hysterectomy but requires taking a bigger chunk of the surrounding blood vessels, raising the risk of complications.
- Brannstrom said using live donors allowed them to ensure the donated wombs didn't have any problems.

France. History suggests president can come away clean from sex scandal

With a 15 per cent approval rating, French President Francois Hollande was in crisis even before allegations emerged of an extra-marital tryst with actress Julie Gayet. His refusal to deny the affair, and the hospitalization of his partner threatens to destroy what remains of his reputation.

But Hollande may be able to staunch the bleeding. Previous presidents Francois Mitterrand and Jacques Chirac were able to laugh off infidelities with indulgence of the media.

"Hollande would be adhering to a time-honoured French tradition of official mistresses," wrote Prof. Matthew Fraser, politics and media specialist at Sciences Po Paris.

Culturally, France has always been less interested in politicians' love lives than many other countries. This has been reflected in a cross-party refusal to attack Hollande, while a magazine opinion poll showed 77 per cent considered the subject a "private matter."

Francois Hollande and Julie Gayet.
GETTY IMAGES FILE

The scandal could even provide some respite.

"Hollande may benefit from changing the subject away from bad news on the economy," says Dr. James Stanyer of Loughborough University and author of Intimate Politics.

Political scientists have shown that sex scandals are traditionally less damaging than other types. Texas Tech University found that corruption typically costs almost twice as many votes as sex.

KIERON MONKS/METRO WORLD NEWS

We'll help you make "finding a new job" the resolution that actually sticks.

Search from over 650 new jobs posted every day.

Need help starting the year off right? We have the best tips and tools to motivate you in achieving your career goals. No matter how ambitious. It's what makes Workopolis Canada's number one job site.

workopolis.com #workopolis

WORKOPOLIS

"Number one job site" based on six-month average online job postings for period ending December 31, 2013. Comparison between Workopolis and all other major paid online job boards. Does not include online classified sites or job posting aggregator sites. Statistics provided by WANTED Technologies. © 2013 Workopolis.

Death of the change purse?
Royal Canadian Mint tests digital currency MintChip

The Royal Canadian Mint's ambition to launch a secure system to send and spend digital currency, nicknamed MintChip, has passed a new milestone.

While still in research and development mode, MintChip's first proof-of-concept implementation — an integration with a retail point-of-sale terminal made by Ingenico — is being displayed this week at the National Retail Federation's annual convention in New York.

First launched in 2012, just days after it was announced the penny's days were numbered, MintChip was introduced as a potential way for consumers to digitally exchange money in small denominations, in transactions of about $10 or less.

It could be used in place of cash to buy a coffee or fast food, and online it was envisioned to enable easy transactions for things like buying music, news articles or add-ons for video games.

THE CANADIAN PRESS

Market Minute

DOLLAR 92.20¢ (+0.47¢)

TSX 13,681.48 (-66.04)

OIL $91.80 US (-$0.92)

GOLD $1,251.10 US (+$4.20)

Natural gas: $4.30 US (-$0.01)
Dow Jones: 16,257.94 (-179.11)

McD's CEO saw success at bottom of coffee cup

Do you want a cup of joe with that? Head of McDonald's Canada gave flagging business a jolt by brewing up premium roast java

John Betts, president and CEO of McDonald's Restaurants of Canada, serves a McCafé coffee at the busy restaurant location in the Toronto Eaton Centre. TORSTAR NEWS SERVICE FILE

It all started with a simple cup of coffee.

John Betts, president and CEO of McDonald's Canada, was general manager for McDonald's in the Michigan region when a couple of competitors announced they would be moving into the area in a big way.

Betts, 61, doesn't say Tim Hortons was one of them. But Tim Hortons was one of them.

Betts took his restaurant operators up to Canada to have a look around and paid attention to the fact that coffee shops were sprouting up on every street corner. And they tasted the coffee. And went back to Michigan to improve their coffee.

It was a small innovation, but one that would change the flagging fortunes of the fast-food franchise that was built on burgers and fries.

In 2007, Consumer Reports declared McDonald's coffee the winner of a taste test against Starbucks, Burger King and Dunkin' Donuts.

When in 2008 he was named president of McDonald's Restaurants of Canada, Betts faced a challenging landscape.

The McDonald's Canada premium roast coffee was developed specifically for Canadian palates and Betts decided to go big with a free national giveaway in April 2009. The company has run two events per year since then, tripling its brewed coffee business, including McCafé specialty beverages, over 2008.

"We've created a bond with Canadians that we didn't have five or six years ago and it all started with the coffee," Betts says.

TORSTAR NEWS SERVICE

Analysts. Lululemon may hold downward dog pose for the foreseeable future

Lululemon Athletica Inc.'s unexpected lowering of its fourth-quarter profit outlook sent its stock tumbling Monday and raised questions about how long the yoga fashion retailer's problems will last.

Chief financial officer John Currie said Monday that the company was on track to deliver on its sales and earnings guidance through December, but had seen traffic and sales trends "decelerate meaningfully" since the beginning of January.

Analysts questioned the Vancouver-based company's future amid guidance revisions that, as Cowen and Co. analyst Faye Landes put it, are "starting to feel like a chronic injury."

"To say that these are weak results would be an understatement," she said in a note to clients. THE CANADIAN PRESS

Cost of suds bubbled up

$145M fine on tap for price-fixing beer in Germany

German antitrust authorities have fined a group of beer brewers a total of 106.5 million euros ($145 million US) for illegal price-fixing between 2006 and 2008.

The Federal Cartel Office said the companies fixed price increases for draft and bottled beer. Five firms and seven people were fined.

THE ASSOCIATED PRESS

Max out your TFSA contribution, not your credit card.

Get a $25 Bonus* when you become a new ING DIRECT Client and open a TFSA. Plus get a special **2.50% interest rate**** on balances until April 30, 2014.

ingdirect.ca

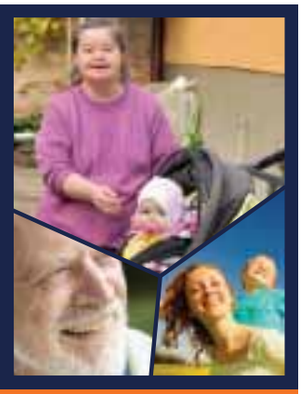
ING DIRECT forward banking™

ING Bank of Canada and its subsidiaries have been acquired by The Bank of Nova Scotia and are no longer affiliated with ING Groep N.V. The trademarks ING, ING DIRECT, ING Lion, the ING Lion logo and any derivation, variation, translation or adaptation thereof are trademarks of ING Groep N.V. and are used under license. ™ forward banking is a trademark of ING Bank of Canada. *Offer valid from January 1, 2014 to March 31, 2014 for New Clients joining ING DIRECT with TFSA as First Product. Client must activate their TFSA Account and deposit their minimum initial deposit of $100 within 30 days of enrolment. Limit of one Bonus per person. May not be combined with any other offer. ING DIRECT will open a companion Investment Savings Account and deposit the Bonus there within 30 days of funding. ** Registered rate of 2.50% is available between January 1, 2014 and April 30, 2014 on all net new deposits made between January 1, 2014 and March 31, 2014 to qualifying Tax-Free Investment Savings Account (TFSA). Interest is calculated daily and paid monthly. Rates, like the weather, are subject to change. For full details visit **ingdirect.ca/maxout**.

COMMISSIONAIRES
TRUSTED · EVERYDAY · EVERYWHERE

DIGITAL FINGERPRINTS AVAILABLE FOR

- POLICE RECORD CHECKS (CPIC)
- VULNERABLE SECTOR CHECKS
- EMPLOYMENT
- ADOPTIONS



SASKATOON COMMISSIONAIRES | 306.244.6588 | www.commissionairesnsask.ca

PUSH PRESENT: EVEN THE NAME IS GROSS

There's a lot to expect when you're expecting ,but an increasing number of women are hoping for more than just a newborn baby at the end of their nine-month pregnancy.

One of the latest trends in culturally mandated gift-giving is the "push present," an expensive token of appreciation bestowed upon a woman by her partner after she literally "pushes out" their offspring. As with most over-the-top consumption-driven traditions, we probably have celebrities to blame for this one.

Kanye West reportedly gifted Kim Kardashian with a $770,000 black and tiger-stripe diamond ring following the birth of their daughter North last year.

And during an appearance on Ellen last week, singer Tamar Braxton flaunted her push present, a recently acquired diamond ring from her record executive husband, Vincent Herbert. You'd think it would be ludicrous for us regular humans to take life lessons from the rich and frivolous, and yet the push present trend is growing in popularity among the mainstream masses in North America and beyond.

SHE SAYS

Jessica Napier
metronews.ca

A poll conducted by a U.K. parenting website found that over a quarter of its 1,200 online community members were expecting, or had already received, a push present from their significant other. Jewelry, tablet computers, handbags and designer watches were some of the most popular gifts first-time mothers received as tokens of appreciation from their husbands and boyfriends following childbirth.

Personally, I have a problem with the high expectations and implicit materialism attached to these post-baby baubles. It's not that I'm against showering your significant other with gifts every once in a while, but there's nothing special or heartfelt about a mother-to-be pressuring her partner to buy a pricey item off her delivery-room wishlist.

Carrying a child for nine months and then lamaze-breathing your way through hours of labour is an incredibly challenging accomplishment that certainly deserves some sort of acknowledgement.

Isn't the miracle of life gift enough?

Despite their shiny appeal, lavish push presents are an entirely unnecessary extravagance.

But the only reward you should really be anticipating at the end of the painful delivery process is a happy and healthy baby, not a sparkling tennis bracelet or a new pair of shoes.

Despite their shiny appeal, lavish push presents are an entirely unnecessary extravagance. Most non-celebrity couples would be better off saving their money for their child's education rather than investing big bucks on an obligatory gift. I have to hope that if and when I have a baby, the only thing I'll need from my partner is his continued support and a solemn promise to share diaper-changing duties equally.

There are approximately one trillion things new parents need to worry about (and spend money on) prior to the birth of a child, and a push present certainly isn't one of them.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Why, hello there, Miss Bear

KEVIN DIETRICH/SOLENT NEWS

Metro Q&A with photographer

'Not a man in a bear suit'

KEVIN DIETRICH
Realty broker/amateur photographer, 33, from Steamboat Springs, Colo.

Where did you take this amusing photograph?
In the Chugach National Forest in Alaska. My brother and I spent 14 days there searching for grizzly bears in the wild. We found a mother and two cubs hunting for food. The mother caught about seven salmon and this little cub was very excited and animated as she waited for her to bring back food to the shore.

Did you feel in any danger being close to a grizzly?
Yes, we did feel apprehensive; the mother bear had noticed us from afar approaching to take a photograph. But we never got closer than 10 metres to the bears — we created a happy medium where the mother was comfortable with our presence. She and her cubs were relaxed enough to fall asleep in front of us after their filling meal.

What has been the reaction to your picture?
Someone thought it was a man in a bear suit! But seriously, people have found this seemingly human-like gesture the most appealing aspect.

What does this image represent? Is it more than a shot of a cute bear?
In a way it sums up what Alaska is all about: a grizzly bear in the wild, the pristine glacial water, the vibrant colours.... But in another way it only represents part of that Alaskan experience; there are so many other sights that can encapsulate that natural wildness.

INTERVIEW BY ANTHONY JOHNSTON/ METRO WORLD NEWS

WE ACT:
CANADA DOES GOOD

Q&A with a visionary, hero, expert hotdog griller

Each month, we learn about Canadians across the nation who are up to a whole lot of good. Here's one we'd like you to meet.

Who: Bonnar Dowler, visionary, quiet hero, and expert hotdog griller
Where: Summerland, B.C.
What: Founded Agur Lake Camp
Why: Dowler and his wife lost a child to heart problems almost 40 years ago. While in the Vancouver children's hospital, he saw other families dealing with their own struggles, and he wanted to help.

He never forgot his dream. The result was a wilderness camp for families with special-needs children that officially opened July 2013. A dedicated volunteer, Dowler can be found helping where the camp needs him most, whether that's cooking hotdogs, manning booths or spreading smiles.

He believes everyone should have access to a space where they can take a break, enjoy nature and spend time together.

What will this camp mean for the families who visit?
It will give them a break from the pain and suffering they are going through. It's a release for the parents (especially) to get away and to get a break — an opportunity to go out fishing or see some wildlife, or some time to themselves.

CONTRIBUTED

Where do you get your motivation to keep getting involved? Just to see the smiles on the parents' faces and the smiles on the kids' faces. All of a sudden you see their pain and anguish just disappear. If that's what it's all about then I've done my job.

CRAIG AND MARC KIELBURGER

WE WANT TO HEAR FROM YOU:
Send us your comments: saskatoonletters@metronews.ca

metro

President Bill McDonald • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker
• **Managing Editor, Saskatoon** Tara Campbell • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Sales Manager** Barry Paton
• **Vice-President, Sales and Business Development** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Finance** Phil Jameson **METRO SASKATOON** • #100, 728 Spadina Crescent East Saskatoon, Sask. S7K 4H7
• **Telephone:** 306-649-2025 • **Toll free:** 1-877-895-7193 • **Fax:** 1-888-895-6931 • **Advertising:** adinfosaskatoon@metronews.ca • **Distribution:** saskatoon_distribution@metronews.ca • **News tips:** saskatoon@metronews.ca
• **Letters to the Editor:** saskatoonletters@metronews.ca

DVD review

You're Next

Director. Adam Wingard

Stars. Sharni Vinson

You don't need anybody to fingerpaint you a picture in blood about what's about to happen at the rural mansion of the affluent Davison clan, when four dyspeptic siblings and their scrappy partners gather with mom and dad (Barbara Crampton and Rob Moran) for a 35th wedding anniversary party. It's what happens next that fulfills the title and gives Adam Wingard's film its bloody bolt of energy. A prologue reveals earlier carnage at the Davisons' neighbours down the road: a couple's post-shag ambush by home invaders leaves bodies slumping, bodily fluids and liquor spilled and the Dwight Twilley Band's Looking For The Magic spookily playing on the stereo (it becomes the film's unsettling theme song). This nifty little thriller-chiller satisfies expectations of Midnight Madness gore hounds (it was at TIFF 2011) — and then happily goes about exceeding expectations. Watch out for arrows, blades and lethal blenders.

PETER HOWELL

It was all a dream ...

Born Sinner. J. Cole and his Notorious B.I.G. Juicy-inspired album is blowin' up — like he thought it would

EMILY LAURENCE
Metro World News in New York

J. Cole doesn't need anyone to tell him that 2014 is his year. "Every year people tell me that it's 'my year,' but this time I know it's true," he tells us. "I feel like I can accomplish anything. It's a good feeling."

The rapper and producer has good reason for feeling confident. His album Born Sinner was named one of the best albums of 2013 by Rolling Stone. Released the same day as Kanye West's album Yeezus, Cole outsold West and surpassed him on the Billboard charts.

"Being able to say your album sold more than the Kanye West album is a crazy statement, and I'm a very big Kanye fan," Cole says. "It shows that if you give people the option to choose, they're going to choose Born Sinner. That's just the truth and it feels amazing."

Cole pairs his ability as a producer and lyricist on Born Sinner with collaborations with Kendrick Lamar, Miguel, Dirty Projectors' singer Amber Coffman, 50 Cent and TLC, who sing the hook on the album's single, Crooked Smile. But despite all the big names, Cole says he never had a "wish list" of artists he was hoping to work with. "It happened in the flow of creating the music. Like with Crooked Smile, I thought, 'Oh man, I would love to hear TLC sing this right here. That would be crazy.' I thought it would be impossible, but it all worked out."

Quoted

"Being able to say your album sold more than the Kanye West album is a crazy statement."

J. Cole on Born Sinner surpassing Kanye West's Yeezus on the Billboard charts.

With Jay-Z standing behind him, Cole shouldn't have been surprised. Jay-Z has been mentoring Cole from the beginning of his career and their relationship has morphed from a business relationship to one of equals. "Now, I have the confidence of knowing what I'm doing and I don't need approval. I love Jay-Z's guidance and I get it when I want it but I know how to survive in this game," Cole says.

But despite the brag-worthy connections and album sales, Cole says the heart of why he makes music is in the lyrics. "I want to change the way people look at themselves," he says simply. His attempts at this come across in songs like Crooked Smile, Losing My Balance and Lights Please, which Cole says were all crafted to be subtle, not preachy. "I learned a long time ago to be somebody that people can relate to and then slip in the messages I want," he explains. "I want to change the way people feel about themselves not just on a physical level, but the way black people look at themselves, or women look at themselves, or the concept of beauty — whatever it is."

J. Cole is doing well with this rappin' stuff. CONTRIBUTED

When asked if there was anything that did that for him, Cole only credits his mom, who he says unwaveringly supported him in everything he wanted to do. "When I was a kid, I painted this Nike sign on a brown board with these watercolours she got me. Looking back, it was terrible, but her reaction to it at the time was as if it was the greatest thing she'd ever seen and she was so proud of me. I don't think my mom realizes the effect her support had on me. She let me quietly believe I could move to New York and go to college, while at the same time pursuing my music dream."

Double trouble at Canadian Screen Awards

Tatiana Maslany from Orphan Black was nominated for best actress in a drama for her role. CONTRIBUTED

Doppelgangers abound at the Canadian Screen Awards — Denis Villeneuve's surreal mind-bender Enemy leads the film nominations while Space's sci-fi clone saga Orphan Black tops the television contenders.

Enemy — featuring Jake Gyllenhaal in dual roles as a paranoid teacher and as a cocky amateur actor who looks just like him — dominates the film categories with 10 nominations, ahead of Xavier Dolan's Tom at the Farm with eight and Louise Archambault's Gabrielle with six.

The three films will compete for best picture, against The Dismantlement, Empire of Dirt, The F-Word, The Grand Seduction and Maina.

Meanwhile, the TV race is dominated by Orphan Black, which has 14 nominations, including a best drama actress nod for star Tatiana Maslany. She plays several different characters including an uptight soccer mom, a street-smart British orphan and a cornrow-headed science geek.

The Canadian Screen Awards honour achievement in homegrown television, film and digital projects, and replace the previously separate Gemini and Genie Awards. They'll be handed out in Toronto on March 9 with Canuck comic Martin Short returning as host.

Orphan Black will compete for best drama against APTN's Blackstone, Global's Bomb Girls and CTV's Flashpoint and Motive. The best comedy race is between Call Me Fitz, CBC-TV's Gavin Crawford's Wild West, CBC-TV's Mr. D, Seed and Super Channel's Tiny Plastic Men.

Other leading TV contenders include the TMN/Movie Central comedy Less Than Kind which snagged 12 nominations. Global's cop series Rookie Blue earned nine while TMN/Movie Central's raunchy comedy Call Me Fitz, CTV's cop drama Flashpoint and City's sitcom Seed each got eight nods.

The best actor race in film is dominated by international talent — Gyllenhaal is up for his intense turns in Enemy, while Daniel Radcliffe is nominated for The F-Word and Brendan Gleeson is up for his part in The Grand Seduction. They compete against Rajesh Tailang of Siddharth and Gabriel Arcand of The Dismantlement. The awards are administered by the Academy of Canadian Cinema & Television and will air on CBC-TV.

THE CANADIAN PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Poehler's man-pal wages war against Bono post-smooch

MELINDA TAUB
Metro World News

Yes. This is how it should be. All boys should be fighting for Amy Poehler's favour, all the time.

The Parks and Recreation star pulled double duty Sunday night at the Golden Globes as both co-host of the show and nominee for best actress in a TV series, comedy or musical.

Since she didn't have a seat in the audience, she sat on Bono's lap when her nomination was announced.

And then she won! Though her speech was shaky, and she appeared to be in genuine shock, Poehler didn't lose her comedic chops in her moment of triumph — the second her win was announced, she leaned over and planted a big ol' kiss on Bono. Poehler's boyfriend Nick Kroll, comedian and star of the Kroll Show, jokingly threatened to take his revenge for the make-out sesh, tweeting, "Hey Bono, watch your back."

Aww, they're sweet. Seriously though, Nick Kroll should have to fight off Brad Pitt and Michael Fassbender and every Hemsworth and '70s-era Harrison Ford over Amy Poehler all the time. She deserves nothing less.

Prince

Purple Rain pop star to make post-Bowl cameo on New Girl

Fox's post-Super Bowl party will include Prince making a guest appearance on the comedy New Girl.

In an episode of the show that will air directly after the big game next month, Zooey Deschanel's character is invited to a mansion party hosted by Prince — and her friends are determined to crash.

Fox will also air an episode of Brooklyn Nine-Nine that night after New Girl, with the show fresh off its Golden Globe award for best comedy. The Super Bowl is traditionally the most-watched television event of the year, so the time slots after it are considered prime real estate.

THE ASSOCIATED PRESS

Ke$ha tried to make mom go to rehab and she said yes, yes, yes

Ke$ha

The family that rehabilitates together stays together, it would seem, as singer Ke$ha's mother, Pebe Sebert, has checked herself into the same rehab facility as her daughter, according to People magazine. "I'm checking myself into Timberline Knolls today for post-traumatic stress disorder, at Ke$ha's urging," she tells the magazine. Ke$ha checked into the facility earlier this month to cope with an eating disorder.

HIMYM star smiles it forward

Alyson Hannigan. The How I Met Your Mother actress talks to Metro about some of the surprises that parenting brings

EMILY LAURENCE
Metro World News

How I Met Your Mother's Alyson Hannigan with daughters Keeva, 1, and Satyana, 4. CONTRIBUTED

How I Met Your Mother star Alyson Hannigan freaked out when her oldest daughter — Satyana, now 4 — started teething.

"I had no idea what was wrong," she tells Metro. "She was just crying all the time and miserable. I took her to the pediatrician and he literally told me all I had to do was give her some Tylenol and it would take her pain away. It was that easy."

It's part of the reason why she teamed up with the medicine brand for Smiling It Forward. Parents can upload a photo of their little one to SmilingItForward.com, and for each photo uploaded Tylenol will donate $1 to the Children's Health Fund, a national nonprofit that gives free health care to kids who need it.

We talked to Hannigan about some of the other surprises — besides teething — parenting brings.

You have two daughters, Satyana, 4, and Keeva, 1. What is Satyana into now?

She loves it when I read to her. The girls have gotten to the point where they play together, which is so heartwarming. Sati also picks out all her own clothes, which [are] very colourful.

That must be interesting.

It's always very interesting and very bright. She's pretty disappointed if I wear black. I finally got away with it by saying, "You know sweetie, black is all the colours — I'm wearing them all!"

Who do you go to and trade parenting advice with?

I talk to the other moms at my daughter's school and my best friend, Pamela Fryman, who is the director of How I Met Your Mother. She's a fantastic mom. Her daughters were 12 when I met them and now they're 21. I'm always asking her for advice.

Which one of your co-stars is the best with kids?

Cobie [Smulders] is unbelievable. She's really fun and the kids fall for her. Jason [Segel] is sort of scared of babies, but he's good. He's just scared of touching them. He likes to keep his distance, but he's really good with them.

The top 5 health trends of 2014

MICHELLE CASTILLO METRO WORLD NEWS

Better 3D printed organs

3D printers provide many options, especially for doctors. With the shortage of organ donations, being able to custom print organs for patients not only will give them a longer life but limit the chance of rejection.

Rise of CrossFit and conditioning programs

The global recession has forced people to cut their budgets, so cheaper ways to work out are in demand. While CrossFit and other strength and condition programs require some equipment, they don't require expensive devices or many classes before you learn the basics of the routine.

More understanding about autism

Autism spectrum diseases (ASDs) are developmental disorders affecting up to one in 50 school-aged children in the U.S., according to government estimates. Recent studies suggest the disease may have some roots in the autoimmune system, which should provide more answers on how to treat it.

Breast cancer awareness

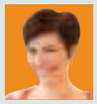
Last year, Angelina Jolie revealed she had the BCRA gene that made it more likely for her to develop breast cancer. The genetic link influenced her decision to have a preventative mastectomy, a controversial decision since it isn't guaranteed that she would get the disease. Expect more studies to reveal more about this gene.

Progress in AIDS research and a 'cure' for HIV

Some people claim to have been "cured" of HIV, either by bone marrow transplants or through rigorous drug treatments shortly after birth. Now that we have a better understanding of the virus, there may potentially be a cure for more people in the near future.

Health Solutions

A flour substitute — with a warning



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Seems like everyone is going Paleo, low carb or gluten free these days and alternative flours are springing up.

Almond flour is a popular one but you need to know that it has twice the calories of wheat flour, most of it from fat.

In addition, you can't just swap out almond flour in your recipes. It doesn't have the same consistency or the ability to hold water that other flours have. So, you need to start from scratch.

Here are some reasons that searching out almond flour recipes may be a good idea for you (or on occasion).

• Almond flour contains more protein than wheat flour, and has no gluten.

• Almond flour contributes twice the potassium and six times more calcium than wheat flour.

• One ounce of almond flour provides 35 per cent of your vitamin E needs for the day. Wheat flour? One per cent.

If you are on a weight loss journey, you will want to think carefully about using almond flour, but if you are up for the added calories, you will also benefit from added nutrients.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Almond Flour Brownies get Paleo-friendly makeover

THERESA ALBERT
myfriendinfood.com

FLASH FOOD

From your fridge to your table in 30 minutes or less

This recipe serves 12. COURTESY THERESA ALBERT

This is a Paleo-friendly, low glycemic, high nutrient and easy to make and delicious twist on the classic.

If you wish to dress it up, simply melt some extra chocolate and drizzle on top.

1. Butter an 8-inch square baking dish and preheat oven to 350 F.

2. In a glass bowl, melt butter and chocolate in microwave for a minute or two, allow to cool.

3. Whisk in molasses, eggs, vanilla, salt, cinnamon, baking soda, almond flour and cocoa powder. Pour into pan.

4. Bake for about 22 - 25 minutes just until edges begin to set. THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Ingredients

- 1/2 cup butter
- 2 oz semi sweet chocolate
- 2 tbsp molasses
- 2 large eggs
- 1/2 tsp vanilla
- Pinch salt
- 1 tsp cinnamon
- 1/4 tsp baking soda
- 1/2 cup + 3 tbsp almond flour
- 2 tbsp pure cocoa powder

Find a big glass of milk and dunk away

When these easy-to-make cookies are still warm (or if they aren't, put them in the microwave for a few seconds), make a cookie sandwich using a spoon of ice cream.

1. Preheat oven to 375 F (190 C). Butter large baking sheets or line with parchment paper.

2. In a large bowl, using an electric mixer, beat butter, both brown and granulated sugars and vanilla until fluffy. Beat in egg. Add flour, baking soda and milk and stir with a wooden spoon until blended. Stir in chocolate chips.

3. Drop by heaping tablespoonfuls (15 ml) onto prepared baking sheets, at least 3 inches (7.5 cm) apart.

4. Bake, one sheet at a time, for 10 to 15 min or until golden around the edges and set in the centre. Let cool on sheets for 2 min, then transfer to racks to cool. THE CANADIAN PRESS/ ANDREW CAMPBELL OF BELLSON FARMS IN STRATHROY, ONTARIO/ DAIRY FARMERS OF CANADA (MILKCALENDAR.CA)

It's never too cold for ice cream. So, go ahead, sandwich some between your batch of 24 cookies. THE CANADIAN PRESS

Ingredients

- 1/2 cup (125 ml) butter, softened
- 1/2 cup (125 ml) packed brown sugar
- 1/4 cup (60 ml) granulated sugar
- 1/2 tsp vanilla
- 1 egg
- 1-1/2 cups (375 ml) all-purpose flour
- 1/2 tsp (2 ml) baking soda
- 1/2 cup (125 ml) milk
- 1- 2 cups (250 - 500 ml) chocolate chips

Ilya Kovalchuk, pictured last May at the world championships, has suited up for Russia at 14 different competitions. GETTY IMAGES FILE

Kovalchuk looking forward, not back

Olympics. Former NHLer at home in KHL, anticipating matchup against Canada in Sochi

Ilya Kovalchuk took his talents — a rare blend of skill, speed and strength — home to Russia last summer.

It doesn't sound as if Kovalchuk has any regrets about his abrupt retirement from the NHL.

The 30-year-old Kovalchuk likes life in Russia, where he can spend more time with his family while playing for SKA St. Petersburg in the Kontinental Hockey League.

"I'm really enjoying everything here," Kovalchuk said in a telephone interview with The Associated Press after playing in Saturday's KHL All-Star game. "It's a great league. The game is different, but we are getting there. There are good players here for sure."

In any league, the six-foot-two, 230-pound forward is one of the best. He hits, he's fast and he can handle the puck. Oh, he can score.

Despite his scoring prowess, as well as that of players such as Alex Ovechkin and Pavel Datsyuk, the Russians didn't even make it to the medal round at the 2010 Winter Olympics.

Canada humiliated Russia 7-3 in the quarter-final in a matchup of traditional powers that left Kovalchuk and Co. without a medal for the second straight games.

"It's old history," Kovalchuk said when asked what went wrong four years ago. "I'm looking forward to playing Canada in Sochi. If it's going to happen, it will be exciting."

Kovalchuk has represented Russia at three Olympics, including the bronze medal-winning team in 2002, nine world championships, one world junior championship and the 2004 World Cup.

THE ASSOCIATED PRESS

'I'm young and got lots left'

For Canadian women's hockey player Hayley Wickenheiser's thoughts on the Sochi Olympics and retirement, go to metronews.ca/gameon to watch a video interview.

MLB

A-Rod sues league, players' union

Alex Rodriguez sued Major League Baseball and its players' union Monday, seeking to overturn a season-long suspension imposed by an arbitrator who ruled there was "clear and convincing evidence" he used three banned substances and twice tried to obstruct the sport's drug investigation.

THE ASSOCIATED PRESS

Johnny Football

Manziel teams with LeBron's associate, LRMR

Johnny Manziel confirmed Monday that he has signed with LRMR and Maverick Carter, the longtime friend and associate of LeBron James, to handle some of the 2012 Heisman Trophy winner's off-field projects.

The relationship with LRMR and Carter has been developing for some time. James said last week that he texted Manziel regularly throughout the quarterback's final season at Texas A&M.

THE ASSOCIATED PRESS

NFL

Broncos CB comes up lame, tears ACL

Denver Broncos cornerback Chris Harris Jr. is out for the rest of the playoffs after an MRI on Monday revealed a torn ACL in his left knee.

The Broncos will take on the New England Patriots on Sunday for the AFC championship.

THE ASSOCIATED PRESS

Revitalized Sens shoppers again on trade market

Craig Anderson saves Predators forward Vicktor Stalberg's penalty shot during the Senators' 2-1 shootout win Saturday in Nashville. GETTY IMAGES

A stretch of six wins in eight games has the Ottawa Senators achingly close to a playoff spot.

And this recent run of success also has general manager Bryan Murray re-thinking his plans for the near future with the March 5 trade deadline not too far away. Murray, who on Monday agreed to a contract extension through the 2015-16 season, said his team probably needs another piece to make a run this spring.

Through Sunday's games, the Senators sat two points back of the Philadelphia Flyers and Detroit Red Wings, who hold the Eastern Conference's two wild-card spots.

"Just watching the progress in the last month and a little bit, I think that the objective now is certainly more than it was a month before," Murray said on a conference call. "We are available to make a deal."

As an example, Murray pointed to the July 5 trade with the Anaheim Ducks that landed the Senators Bobby Ryan. Ottawa gave up young forward Jakob Silfverberg and prospect Stefan Noesen. Again, the Senators would be willing to trade from their position of youth in the organization.

THE CANADIAN PRESS

Quoted

"We would make the right common-sense trades if there was something there without robbing what would be our future."

Senators GM Bryan Murray

Horoscopes

♈ Aries
March 21 - April 20
Take time out of your schedule to think about what you're doing and where you're going. That applies to all areas of your life but especially to your career. Are you doing what you dreamed you'd be doing?

♉ Taurus
April 21 - May 21
Over the next few days it will feel like better days are coming. They probably won't arrive for a few weeks yet but because you know they are on their way, start making big plans.

♊ Gemini
May 22 - June 21
You will be even more assertive than usual today, and that's good. But don't be so assertive that you scare people away. The way to win others over is to persuade them with facts.

♋ Cancer
June 22 - July 23
Think before you act over the next 24 hours, especially if your actions are likely to affect other people. Cosmic activity in your opposite sign of Capricorn means what you do to others will come back to you tenfold.

♌ Leo
July 24 - Aug. 23
It might be a smart idea to start thinking of ways you can make your routines simpler and your chores less of a burden. One way, of course, is to get others to do them for you.

♍ Virgo
Aug. 24 - Sept. 23
The pace of life will pick up over the next few days. This is still one of the most creative and productive times of the year for you, so stop thinking about what you might accomplish and actually do it.

♎ Libra
Sept. 24 - Oct. 23
You will hear something today that does not fill you with joy but it's not as bad as you think. It may even be the forerunner of good news over the longer term, so don't despair.

♏ Scorpio
Oct. 24 - Nov. 22
You will push yourself over the next few days, but will you push in the right direction? That remains to be seen. Just make sure you don't push past someone in a position of power. They won't like it.

♐ Sagittarius
Nov. 23 - Dec. 21
You may spend too much over the next few days but if you spend it on others, it won't be so bad. You are a generous soul and like to see loved ones enjoy themselves. Don't bankrupt yourself though.

♑ Capricorn
Dec. 22 - Jan. 20
It's good that you know your mind but you need to make sure those you live and work with know it too. Spell out what you expect of them and you will get it before the Sun leaves your sign on the 20th.

♒ Aquarius
Jan. 21 - Feb. 19
You can be too suspicious and as the Sun moves through the most secretive area of your chart, you must not let the distrustful side of your nature take control. In the long-term, you're the one who will suffer.

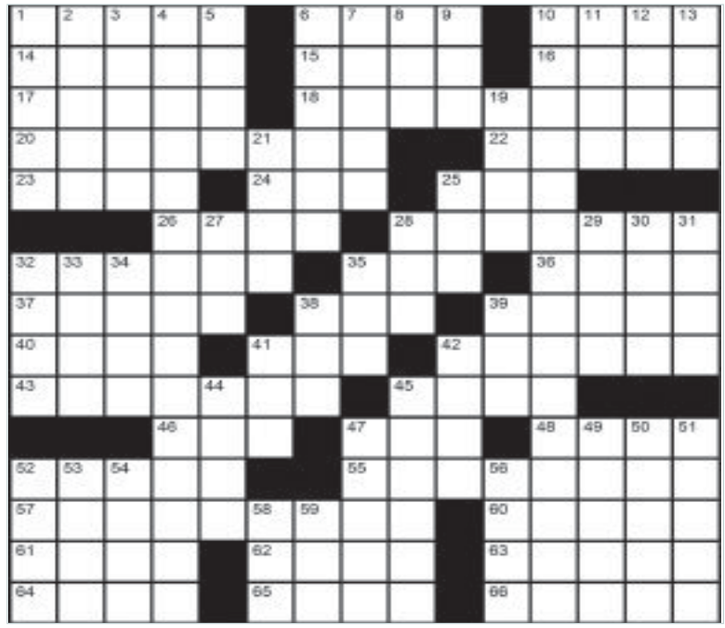
♓ Pisces
Feb. 20 - March 20
Try not to come on too strong today or you may scare away the people you most need. Not everyone wants to change the world. Respect that fact.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

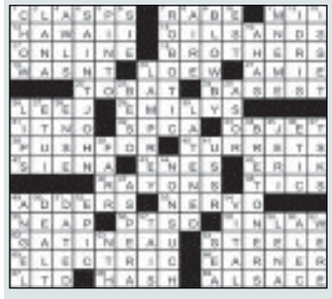
BY KELLY ANN BUCHANAN



Across
1. Fedora borders
6. Pitcher
10. __ au lait
14. Till again
15. Amble
16. "I __ __ a loss for words."
17. Tequila plant source
18. Band for Randy Bachman: 2 wds.
20. Canadian show of 1998 to 2005, "__ __ Inquest"
22. __ whale
23. General Robert _. __
24. Ump's call!
25. Container
26. E-Mail advertising
28. "The Big Bang Theory" star Johnny
32. Like an air mattress in the pool
35. Joke
36. Beep!
37. Stuff between tiles
38. Pixie
39. "__ __ ready to back down..." - Dixie Chicks
40. Garner
41. Pickering's prov.
42. Gruesome
43. Hamilton tourist attraction, __ Castle
45. Ms. Stefani
46. Dining room feature, for short
47. Weep
48. They're electrically charged
52. Cognizant
55. Country music legend from Nova Scotia (b.1914 - d.1999): 2 wds.
57. Limit of $$$ teams pay players in sports: 2 wds.
60. Functional
61. Writer Mr. Waugh
62. VP part
63. Summary
64. Glance
65. Prescriptions, commonly
66. Celebrating 50 Years: __ University in Peterborough, Ont.

Down
1. English composer, William __
2. Like Queen Elizabeth
3. "That's all that _ __." (There's no more)
4. 'Footloose' or 'Saturday Night Fever': 2 wds.
5. Visible
6. Atomic Number 68
7. Brooklyn Bridge tune: "__ That Could Happen"
8. Ms. Longoria
9. Jesse Jackson's title, for short
10. Member of Prime Minister Harper's team: 2 wds.
11. Prayer-ender
12. "Columbo" star Peter
13. 'Bachelor' suffix
19. Actor Mr. Jannings
21. Paint layer
25. Purse
27. Butter portion
28. Casual clothing retailer
29. Jailbirds
30. __ & The Gang
31. __-bitty
32. Like fine wine
33. Married woman's title in Germany
34. Forsaken
35. Intl. clock standard
38. Traveller's lodging
39. Anger
41. NBA's Magic team, on scoreboards
42. Ms. Paltrow, to pals
44. Prefix for things that are excellent
45. Don Cherry's nickname
47. Actor Mr. Crawford
49. Chilled: 2 wds.
50. Baseball great Mr. Ryan
51. What Cinderella did pre-Prince
52. Business world's 'fast'
53. Corduroy line
54. Helm position
56. Mr. Russell
58. Vancouver International Airport's code
59. Gladiator's 109

Yesterday's Crossword



Sudoku

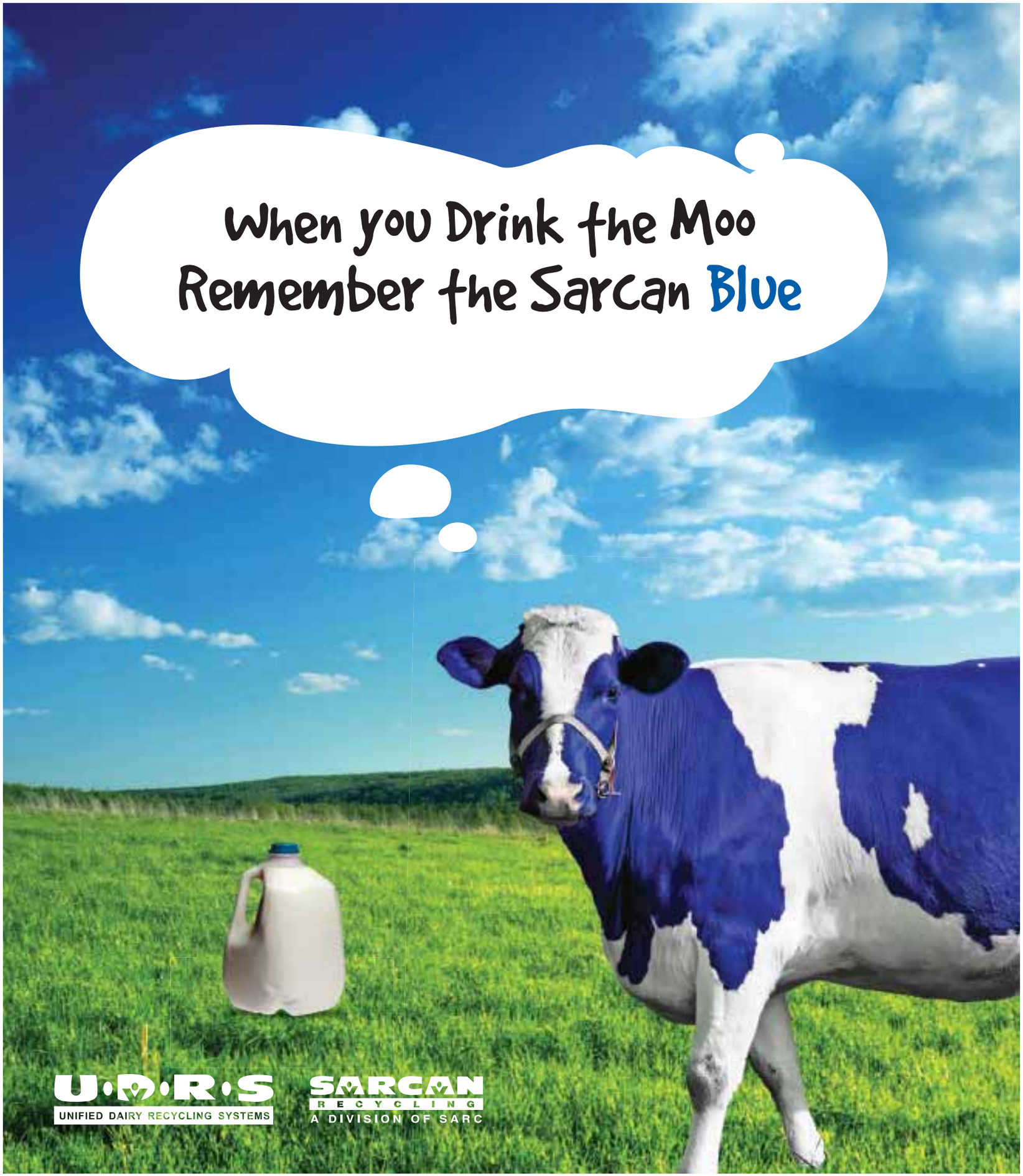
How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

4	8	3	2	9	1	7	5	6
6	1	7	4	5	8	3	9	2
9	5	2	6	3	7	1	4	8
8	6	9	7	4	2	5	1	3
2	4	1	5	8	3	6	7	9
7	3	5	9	1	6	8	2	4
3	7	4	1	6	9	2	8	5
5	2	6	8	7	4	9	3	1
1	9	8	3	2	5	4	6	7

visit metronews.ca
metro

Soap Stories is seeking
6 F/T Beauty Treatment Operators
to sell soap & bath products in
Market Mall, 2325 Preston Ave, Saskatoon.
$13.20/Hr Plus bonus & commission.
Beauty certification required.
Email : soapskbto@gmail.com


When you Drink the Moo
Remember the Sarcan Blue
U·M·R·S
UNIFIED DAIRY RECYCLING SYSTEMS
SARCAN
RECYCLING
A DIVISION OF SARC